

When you feel hot but
you get the chills...oh no,
it's a **fever**...



Fever Relief

Ingredients:

1 Drop Lavender
1 Drop Peppermint

Method:

Dilute 1 drop of lavender in carrier oil and massage back of neck, feet, behind ear.

Dilute 1 drop of peppermint in a carrier oil and rub into bottoms of feet.